**Supplementary Table S1.** Baseline peripheral muscle performance (belt-stabilized dynamometry) in the study population (n = 15)

| Variable | Value |
|---|---|
| **Knee flexion** | |
| Max isometric strength (kg) | 19.2 [13.5, 26.0] |
| Isometric endurance at 50% max force (s) | 26.4 [20.0, 37.2] |
| **Knee extension** | |
| Max isometric strength (kg) | 17.8 [15.6, 20.3] |
| Isometric endurance at 50% max force (s) | 23.2 [16.3, 31.5] |
| Isotonic endurance at 50% max force (reps/1 min) | 14.0 [10.0, 18.0] |
| **Shoulder flexion** | |
| Max isometric strength (kg) | 11.1 [10.4, 15.0] |
| Isometric endurance at 50% max force (s) | 19.1 [11.8, 22.6] |
| Isotonic endurance at 50% max force (reps/1 min) | 20.0 [17.0, 25.0] |
| **Pectoral press** | |
| Max isometric strength (kg) | 19.8 [17.4, 24.4] |
| Isometric endurance at 50% max force (s) | 23.1 [13.9, 33.4] |

Values are expressed as median [interquartile range]. Peripheral muscle performance outcomes were maximal isometric strength (kg), isometric endurance at 50% of maximal force (hold time maintaining ≥50% of maximal force, s), and isotonic endurance at 50% of maximal force (repetitions completed in 1 minute)
reps: repetitions, min: minute, s: seconds, kg: kilograms, max: maximum

**Supplementary Table S2.** Baseline peripheral muscle performance in completers vs. non-completers (belt-stabilized dynamometry)

| Variable | Completers (n = 7) | Non-completers (n = 8) | P |
|---|---|---|---|
| **Knee flexion** | | | |
| Max isometric strength (kg) | 24.6 [17.3, 29.6] | 12.8 [11.2, 16.0] | 0.024 |
| Isometric endurance at 50% max force (s) | 26.6 [24.0, 35.0] | 24.1 [12.9, 38.5] | 0.777 |
| **Knee extension** | | | |
| Max isometric strength (kg) | 19.7 [17.8, 21.5] | 15.8 [13.5, 19.0] | 0.076 |
| Isometric endurance at 50% max force (s) | 23.2 [16.5, 31.8] | 23.1 [9.8, 30.1] | 1.000 |
| Isotonic endurance at 50% max force (reps/1 min) | 17.0 [13.0, 23.0] | 11.0 [9.5, 13.0] | 0.028 |
| **Shoulder flexion** | | | |
| Max isometric strength (kg) | 11.5 [10.8, 18.0] | 10.7 [10.2, 13.0] | 0.563 |
| Isometric endurance at 50% max force (s) | 18.0 [12.3, 20.1] | 20.7 [7.5, 24.8] | 1.000 |
| Isotonic endurance at 50% max force (reps/1 min) | 20.0 [17.0, 31.0] | 21.0 [18.5, 24.8] | 1.000 |
| **Pectoral press** | | | |
| Max isometric strength (kg) | 23.5 [19.5, 25.6] | 17.8 [16.1, 22.6] | 0.224 |
| Isometric endurance at 50% max force (s) | 22.3 [14.2, 31.5] | 24.8 [8.6, 33.4] | 0.563 |

Values are expressed as median (interquartile range). Between-group comparisons were performed using the Mann–Whitney U test. Peripheral muscle performance outcomes were: maximal isometric strength (kg); isometric endurance at 50% of maximal force (hold time maintaining ≥50% of maximal force, s); isotonic endurance at 50% of maximal force (repetitions completed in 1 minute)
reps: repetitions, min: minute, s: seconds, kg: kilograms, max: maximum